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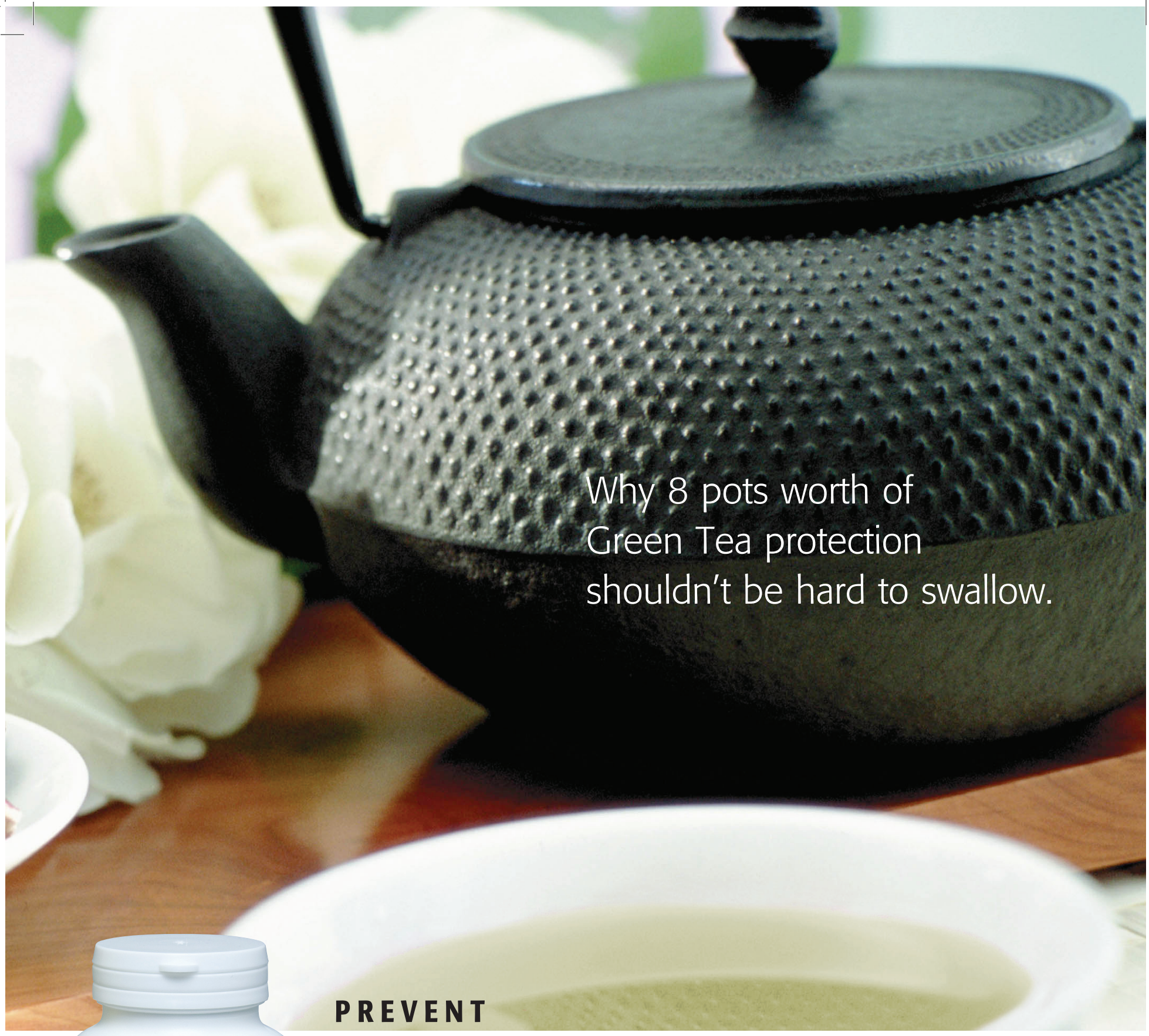
Common Ground

healthy?

Dr. George Carlo on invisible cell phone hazards

Richard Gage 9/11 architecture ■ Eckhart Tolle & Oprah



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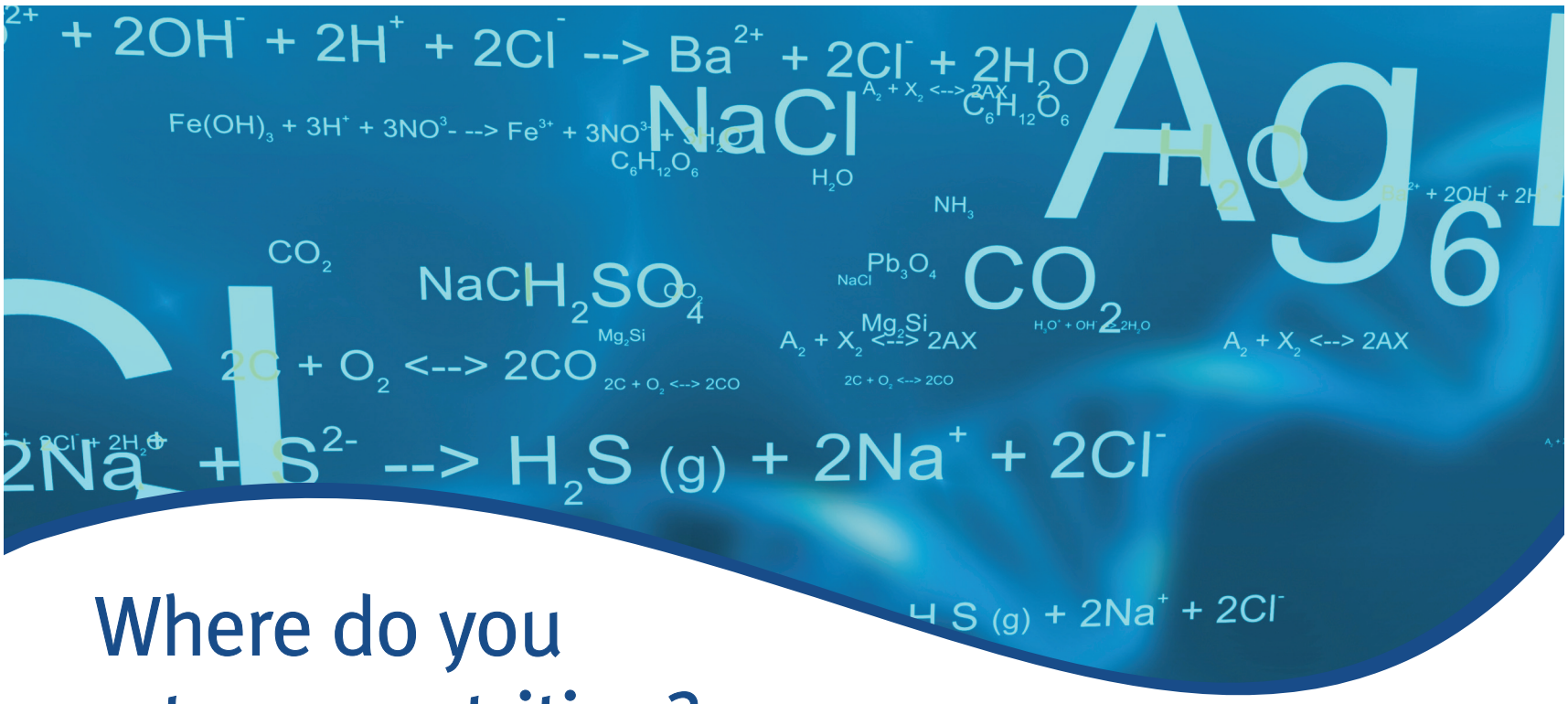

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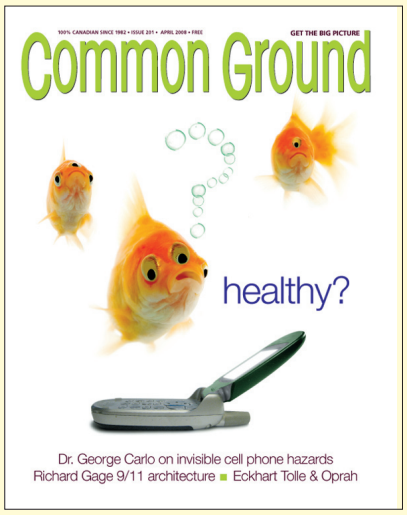
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Be your own Eckhart or Oprah

by Joseph Roberts

Oprah and Eckhart got it right. By awakening to our life's purpose, we can have a new Earth. But how can this happen? For starters, along with a million other viewers, interact with Eckhart Tolle and Oprah live every Monday night in April (6:00 PM PST). Both of these now famous individuals faced their own struggles before awakening to their life's purpose. (If you miss a class, you can watch it at www.oprah.com)

What will it take to realize the changes we wish to see in the world? It will require that each and every one of us become that change first ourselves through courage and determination. Then and only then can we hope to manifest the transformation.

It is true that not all of us will own television empires, publish a best selling book or create a huge project, but we can all do small things with great love and inspiration.

I have recently been inspired by the new Grandmother to Grandmother Campaign between Canadian grandmothers and grandmothers in Africa who are caring for 60 percent of all the children orphaned through the AIDS epidemic. These women truly awakened to a new life's purpose, as we all can.

At *Common Ground*, we are a small group dedicated to inspiring and informing ourselves and our readers. We all need to know the truth of a situation and then have the compassion and courage to build a better, new world.

Many topics and situations call out for our thoughtful attention: war and peace are two. One subject we must develop a better understanding about, in order to protect our health, is the biological effects of cell phones and new wireless technologies. And I am not talking about marketing cool and blockbuster gee-whiz packaging, here, but rather the sober reality of what is actually occurring in our bodies and cells when we are irradiated by these invisible, man-made wave forms. Ignorance is definitely not bliss. Buddha's comment that ignorance is the root of suffering is applicable in this case. Dr. George Carlo's brilliant research on cell phones is our lead article. This issue deserves and demands far more attention and independent science in the public's interest than it has had to date. To this end, *Common Ground* is co-hosting a talk by Dr. Carlo on May 2 at St. Andrews-Wesley Cathedral in Vancouver (page 7). Do bring your friends to this event.

Renowned architect Richard Gage speaks for the first time in BC about the structural design realities and impossibilities of what really happened to all the 9/11 towers. This is important because when society is built on a foundation of lies, we are all affected (page 16).

This month, Alan Cassels exposes the connection between drugging seniors and the profusion of long-term care facilities that sprout in the wake of older people losing their mental faculties due to operating in a pharmaceutical fog.

These are tough issues, for sure. But we do have the resources – personally and spiritually – to clearly witness the truth of these matters, communicate their seriousness and then take accurately informed action to improve our world.

Be your own Eckhart, Oprah or Helen Keller. Indeed, this is what our world is calling for.

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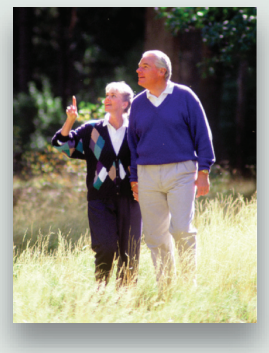

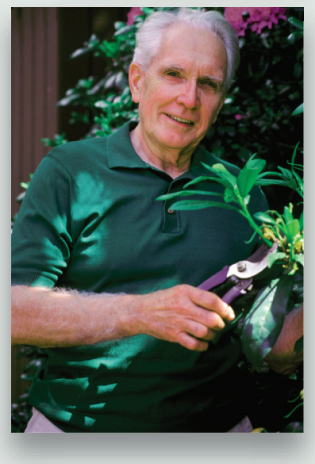

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Don Ginn worked for several years at the ECKANKAR Spiritual Center and for 17 years was the RESA of California. He now lives in Chanhassen, Minnesota, where he is a writer and business consultant. Don has been a guest speaker at ECKANKAR seminars in many countries around the world.

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Invisible Hazards in the Wireless Age

A conversation with Dr. George Carlo

Dr. George Carlo is a leading authority on the dangers of radio frequency radiation and a world recognized medical scientist, author and lawyer. His career spans 30 years and more than 150 medical, scientific and public policy publications in the areas of public health, workplace safety and consumer protection. George Carlo speaks in Vancouver on May 2, 7pm, St. Andrews-Wesley Church, 1022 Nelson Street @ Burrard.

***Common Ground*:** Your experience with radio wave health risks goes back a long time. How did you first become involved?

Dr. Carlo: This goes back to 1993 in the US when questions were raised about mobile phones being a possible cause of brain cancer. The US Congress held open hearings and it became clear that cell phones had been exempted from premarket testing. Normally, a consumer device that emits radiation, such as a mobile phone or cell phone, would go through a process of pre-marketing testing that would include a series of *in vitro* and *in vivo* studies to evaluate predictions of risk to the population that would use them. Cell phones, however, were exempted from that testing based on pressure from the mobile phone industry in 1984. That input was based on science that was present in the public domain at the time that indicated that the only health effect that could follow from microwave exposure had to do with the heating of biological tissue. And because cell phones operated at very, very low power, they would not be able to heat tissue. They were, therefore, excluded from the onerous process of pre-market testing. That exemption was known as the "low power exclusion, and in retrospect, that one political mistake has put millions of people at risk of serious disease.

Following the public hearing, Congress took serious issue with both the Food and Drug Administration, which was the agency of record responsible for these radiation emitting devices, as well as with the mobile phone industry itself. Congress put both on the spot and the mobile phone industry agreed to put up what became $28.5 million dollars in research funding as long as the FDA did not ban mobile phones at the time. I was the person given the responsibility of overseeing and conducting that research. Between 1993 and 1999, with more than 200 doctors and scientists from around the world participating, and the Harvard School of Public Health reviewing more than 56 studies, we ran what still remains the largest program ever conducted in the world on the dangers of mobile telephony and wireless communications in general.

CG: When you went public with your findings in 1999, it created great controversy. Your findings about cell phones increasing brain cancer are still dismissed by the industry and government regulatory agencies. How is this possible?

Dr. Carlo: This is not based on mere differences of opinion. Our findings in 1999 were the first to indicate increases in brain cancer among cell phone users and other studies have since corroborated those findings. In the peer-reviewed published literature today, more than 300 statistically significant findings show excess risk of brain cancer and other tumours among people who use mobile phones. We have mechanistic studies that show how the cancer increase happens following exposure. That government agencies and the industry can deny the existence of those findings is astonishing.

CG: Standards adopted by the World Health Organization, our own Health Protection Agency and the International Commission on Non-Ionizing Radiation Protection suggest there is no problem with current levels of exposure from cell phones and base stations. What are your views on those limits set in relation to the sort of work you have been doing?

Dr. Carlo: Those standards are irrelevant. Remember, this is high technology and every six months the technology changes. It evolves so rapidly that the old days are three or four years ago. The ICNIRP guidelines came into being in 1998, and are based on information that was developed many years prior to that. In this particular area, that is ancient history. The ICNIRP guidelines are also based on thermal mechanism data based on heating. The heating mechanism, with regard to information-carrying radio waves, is mostly irrelevant to the situation we have today.

Our view is that this has now become a medical problem – we are beyond the time where discussing the science regarding "is there a problem" has public health value. We have patients in many countries who have these very obvious membrane sensitivity symptoms. Membrane sensitivity syndrome has been around for about 25 years. Originally, this type of condition was the result of a high level of exposure to chemicals; we used to call it chemical sensitivity. Now we have identified the same type of condition in patients who are exposed to various types of electromagnetic radiation. It is a medical problem because we have people who are sick and need medical attention.

People with membrane sensitivity syndrome can be in a room where somebody turns on a cell phone and they will end up having an immediate adverse and traumatic reaction. They develop internal bleeding and they will have blood in their stool. The condition is very debilitating. It prevents people from being able to work. They cannot earn a living; they have difficult relationships with their children and their spouses give up on them. Families are shattered. It is a very serious medical condition with wide ranging ramifications.

CG: Medically, how does this happen?

Dr. Carlo: The pathological mechanisms are the key to both understanding the problem and prescribing preventive and therapeutic inteventions to solve the problem. All electromagnetic radiation in the electromagnetic spectrum is not created equal. We have done work that identifies at least four different effect windows with different mechanisms of harm that are very unique. One effect window is what you have from the extremely low-frequency electromagnetic field, the power line frequency, if you will. What happens at that part of the electromagnetic spectrum is that the magnetic field is dominant. In an electromagnetic field, there is always a magnetic field and an electric field travelling perpendicularly. The magnetic field produces an electric field and the electric field produces a magnetic field and the magnetic field produces an electric field. That is why it radiates – because it is a self-propagating system. But at the low end of the electromagnetic spectrum, the magnetic field is predominant.

When you have an ELF (Extremely Low Frequency) field that is pushed by high power, you have a direct magnetic impact on the local physiology of cells and tissues. We know that that mechanism involves disrupting what we call gap-junction communication between cells. I do not need to go into all of that, but the fact is that we understand how it works. It is a direct magnetic effect and because magnetic fields have existed in nature since the beginning, we, as human beings, have developed compensatory mechanisms so that there is a threshold. There is a degree of magnetic field that we can sustain without being adversely affected. So unless you have a very high amount of power pushing that magnetic field, as you would have underneath a power line, for example, you do not cross the threshold for this direct magnetic effect. That is the ELF window.

At the other end of the spectrum, we have the ionising radiation window and at the high end of the spectrum, with ionising radiation, the electric field is so predominant that you have extremely high energy. Those electromagnetic waves up in the ionising range – and they come from sunlight and lightning and a bunch of other natural sources as well – break apart chemical bonds. Because that damage is so determinative or severe, we believe that, at least in terms of clinical manifestations, there is also a threshold. That means there is a safe level. In between, you have the

continued p.14…

LIVE HEALTHY IN A TOXIC WORLD

Dear Friends,

It seems that nowadays we frequently hear people say things like "clean living" and "going green," but how often do we stop to think about what these words really mean? And how often do we consider that the choices we make every day might affect our health and the health of our loved ones?

Without a doubt, our society's growing need to make things faster and easier has had a profound impact not only on our environment, but on our overall well-being. In fact, many of the products we use in our homes every day to make our lives more convenient—think nonstick cookware and flame retardant fabric—are actually manufactured using dangerous chemicals that may lead to illness and chronic disease. Even our children's toys are not as safe as we once thought, a fact underscored recently by countless reports of lead contaminated playthings.

Even our air, food and water are being contaminated by industrial pollutants, pesticides and heavy metals. If allowed to build up in the body over time, the long term health effects of such toxins could be devastating. The good news, however, is that there is something we can do about it.

Through the healing power of detoxification we can begin to take back control of our health and truly understand what it means to "live clean". As a natural health practitioner, I have witnessed time and again the healing power of herbal detoxification and internal cleansing. By supporting the organs and organ systems used by the body to help purge and eliminate toxins—specifically the liver, lungs, lymphatic system, kidneys, skin, blood and bowel—we can take that first step toward lasting wellness.

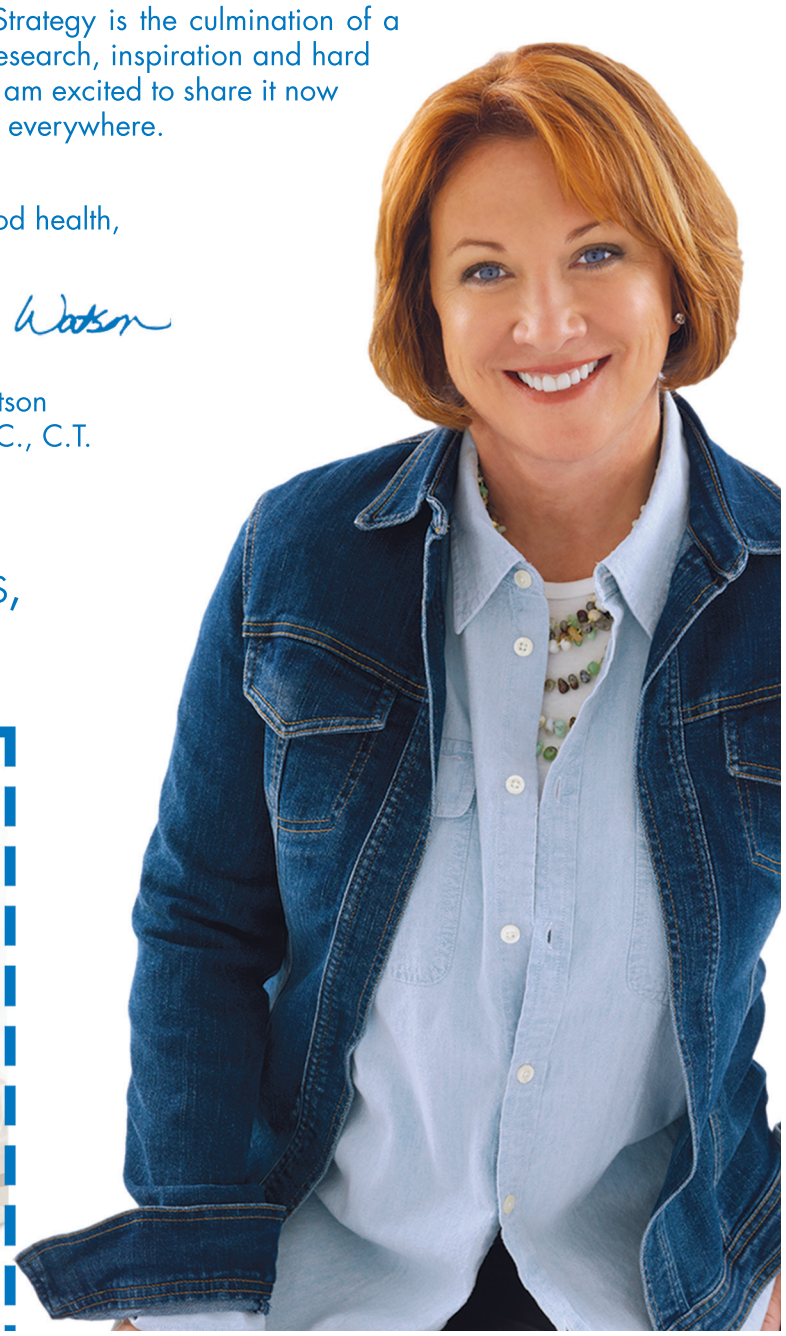
As a result of my own struggle with poor health more than twenty years ago, it has become my passion to share with others the healing principles that changed my life. That passion helped me establish five natural healthcare clinics that specialize in cleansing and detoxification, and it has since allowed me to develop a successful career as a naturopathic doctor, certified nutritionist and digestive care specialist.

The Detox Strategy is the culmination of a lifetime of research, inspiration and hard work, and I am excited to share it now with people everywhere.

Yours in good health,

Brenda Watson

Brenda Watson
N.D., C.N.C., C.T.



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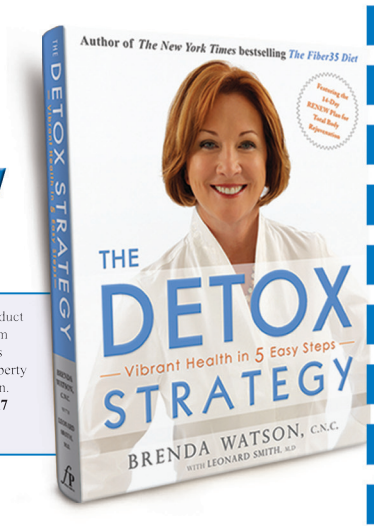
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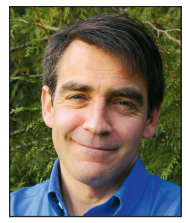

DRUG BUST

Alan Cassels

The problem with trying to develop a good conspiracy theory these days is that commerce inevitably spoils your theory. It's a trick to weave a conspiracy theory that doesn't sound too wacko because what seems conspiratorial is actually normal business pathology at work.

I tripped over this stark fact recently when my friend Wendy, an expert in consumer health issues, laughed when she let slip that she thought there was a conspiracy between the pharmaceutical companies, drug stores, investors, and the builders and operators of new, long-term care facilities for the elderly. That seemed wacko enough for me to take a closer look.

There are many businesses eager to capitalize on the growing market to provide housing, meals and medical treatments for the elderly, but to say it's a massive potential market is an understatement. As the fastest growing demographic group in Canada – by 2030, the population of people over 85 will grow three times as big as it is now – those people, the majority of whom will be women, will need somewhere to live and supports of all kinds to keep them alive.

It used to be that we expected public money to provide adequate housing and care for Grandma, but not anymore, at least not in any serious way. We've "modernized" by embracing the market, largely getting governments out of the business of constructing and regulating care homes. We've switched to relying on private real estate developers and contracts with private "care agencies" to service the needs of the elderly.

Take a look at almost any community in BC and you'll find fresh examples of sprouting condo developments, retirement villas, "assisted" and "independent living" communities, unfailingly described in the brochures as "deluxe" and "elegant" and usually adorned with ghastly peach stucco. The market is being harnessed for this expected horde of greying customers, but like any market where profit maximization is the goal, how do you expand to attract and then satisfy investors? How does one "grow" the market?

For an immediate jolt of the reality of what life is like for the majority of older people, peek into their medicine cabinets. You'll find a veritable ocean of drugs: stool softeners and laxatives, pain relievers, anti-coagulants, vitamin supplements, drugs to alter cholesterol, blood pressure, blood sugar, mood, anxiety and your libido and drugs to improve bone density. About 20% of Canada's population is 60 or older and this group consumes about 60% of all prescribed treatments and half the national prescription drug bill. On average, each Canadian consumes about 13 prescriptions per year, yet among the truly heavy drug users – most of whom would be among the elderly – it's not unusual to find people routinely swallowing 30 or 40 prescribed pills per day.

This is not automatically a problem as some of those drugs may be serving a valuable purpose, but on a practical level, for anyone trying to manage 30 pills a day – some to be taken in the morning, some at mid-day, some before meals, some after meals and some before bed, etc., etc. – it can be a nightmare. Even a person whose elevator goes all the way to the top would have trouble trying to press the right buttons if they had the complex drug regime faced by many older people every day.

Human ingenuity has countered this problem with the dosette, or bubble pack, a package of clear bubbles usually containing a week's worth of medications arranged with a column for each

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day. Dosettes make things easier and helps caregivers monitor whether or not someone is taking their pills because missed pills might be the first warning sign that Grandma needs some help. Since most of us preach at the altar of "medication compliance," missing a drug is one of the seven deadly sins. With pills left unconsumed, terms like medication assistance and assisted living become part of the everyday discussions about Grandma's ongoing care.

Routinely ignoring your doctor's orders may signal the end of independent living for you, but some people, even those with memory problems or befuddled thinking, are often just fine living in their own homes surrounded by their belongings, provided the challenges aren't too overwhelming and they have someone to call upon for help when necessary.

Is it worth moving a person into an assisted-living situation or nursing home just because they don't take their meds? Call me naïve, but I think what a person needs in this situation is a doctor or pharmacist they can trust – someone who can help figure out which drugs are truly necessary, giving priority to the drugs that help with the comfort and daily functioning of the patient, for example and those which are not – and then streamline the drug-taking mess.

Sadly, that's not really part of the current medical system/industry. Instead, we have real estate developers, private-for-profit care home operators and, of course, the drug industry and retail pharmacies that can all collectively treat the "doesn't-take-her-meds-"related diseases.

In the new, for-profit models, the system subtly shifts the costs of medications and dispensing – historically included in long-term care settings – to the people receiving the care or their families. Drug stores bring in extra dollars to the care home by supplying prepackaged medications for each resident and the dispensing fees are a cash cow. Some facilities charge as much as $150 to $300 extra per patient for "medication assistance." Sweet.

Yup, it's a pretty sweet deal for all concerned, except perhaps for the elderly patient who now has to pay someone to make sure she swallows her 30 meds a day in her deluxe, peach stucco condo.

Can the complex medication regimes of older people be the primary reason that so many of them end up in long-term, assisted care facilities? I can't answer that, but it would seem we need a major push to help people manage their drugs – or even ditch many of them – so they can stay at home. I would admit that this line of thinking raises many uncomfortable questions: Does Grandma need all those drugs in the first place? Do the private care facilities see incentives in staffing their facilities with fewer and fewer trained and available staff? Is there a reason why these facilities use so much "control" medication (mostly anti-anxiety, anti-psychotic and anti-depressant drugs) for their elderly residents?

Keep asking questions, but whatever you do, don't call this a conspiracy. Just follow the money and watch who stands to gain from overmedicating Grandma to the point that she's too befuddled to live on her own anymore and then offers her the keys to her own peach stucco box.

Follow the money and watch who stands to gain from overmedicating Grandma to the point that she's too befuddled to live on her own anymore and then offers her the keys to her own peach stucco box.

Alan Cassels is a pharmaceutical policy researcher at the University of Victoria and will tackle the issue of aging pharmaceutically in his next book. If you wish to send him your own story about Grandma, email him at cassels@uvic.ca

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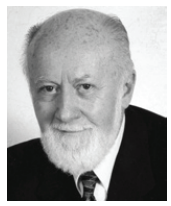

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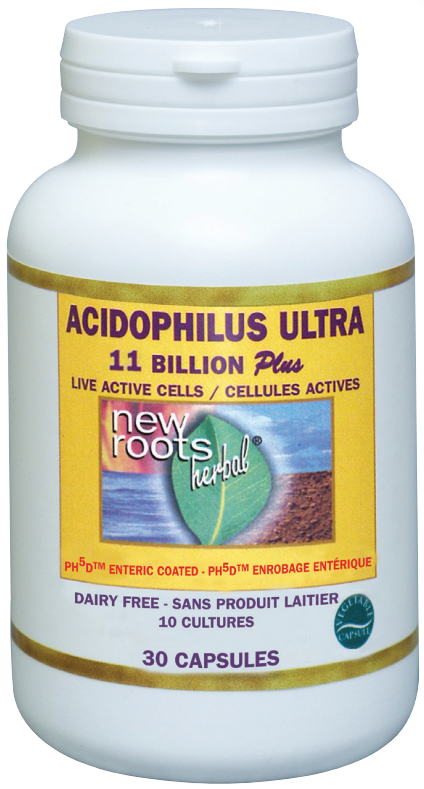

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Healthy travels

NUTRISPEAK Vesanto Melina MS, RD

In addition to taking a little extra vitamin D, I typically try to go somewhere sunny for a week or two during our grey days of winter and early spring. This year, I had the opportunity to attend the Fifth International Congress on Vegetarian Nutrition hosted in California last month (www.vegetariannutrition.org/program-overview.html).

Held every five years, this conference was the original inspiration for the nutrition classic *Becoming Vegetarian*, which I co-authored with Brenda Davis. In 1992, Brenda and I attended the second congress in Washington, DC, from which emerged our books, now available in four languages across 12 countries. Each Congress we attended has provided us the opportunity to hear and meet eminent scientists, whose research forms the foundation for our books on nutrition, food sensitivities and disease prevention, which we are continually updating.

At the event this year, powerful presentations illustrated the benefits of a plant-based diet, including the reduced risk of cardiovascular disease, diabetes, obesity and various cancers. And, for the first time, the Congress also featured experts speaking about the impact of dietary choices on climate change.

Brenda and I learned how to navigate our way through unfounded rumours about soyfoods, many of them promoted by websites related to the dairy industry. (See the soy summary and references at www.pcrm.org/health/prevmed/soy_health.html) It's wise to include less processed soyfoods (edamame, tempeh, tofu) and fortified soymilk in a diet with other legumes, whole grains, fruits, vegetables, seeds and nuts.

When you think of nuts, do salty peanuts and beer spring to mind? If so, it's time for an update. Nuts, in fact, can reduce your chance of developing heart disease. In moderate amounts, they are the best fats to retain by anyone on a weight loss diet as they provide protein, vitamins and minerals – calcium in almonds, zinc in cashews – plus omega-3 fatty acids (in walnuts).

My partner Cam Doré joined me for part of the trip and we were hosted by the authors and designers of the book *The Nut Gourmet* and the website www.vegparadise.com. The site contains extensive listings and reviews of veg-friendly restaurants in the LA area. We opted for Mary's Secret Garden in Ventura and Juliano's Raw in Santa Monica and were delighted with both choices.

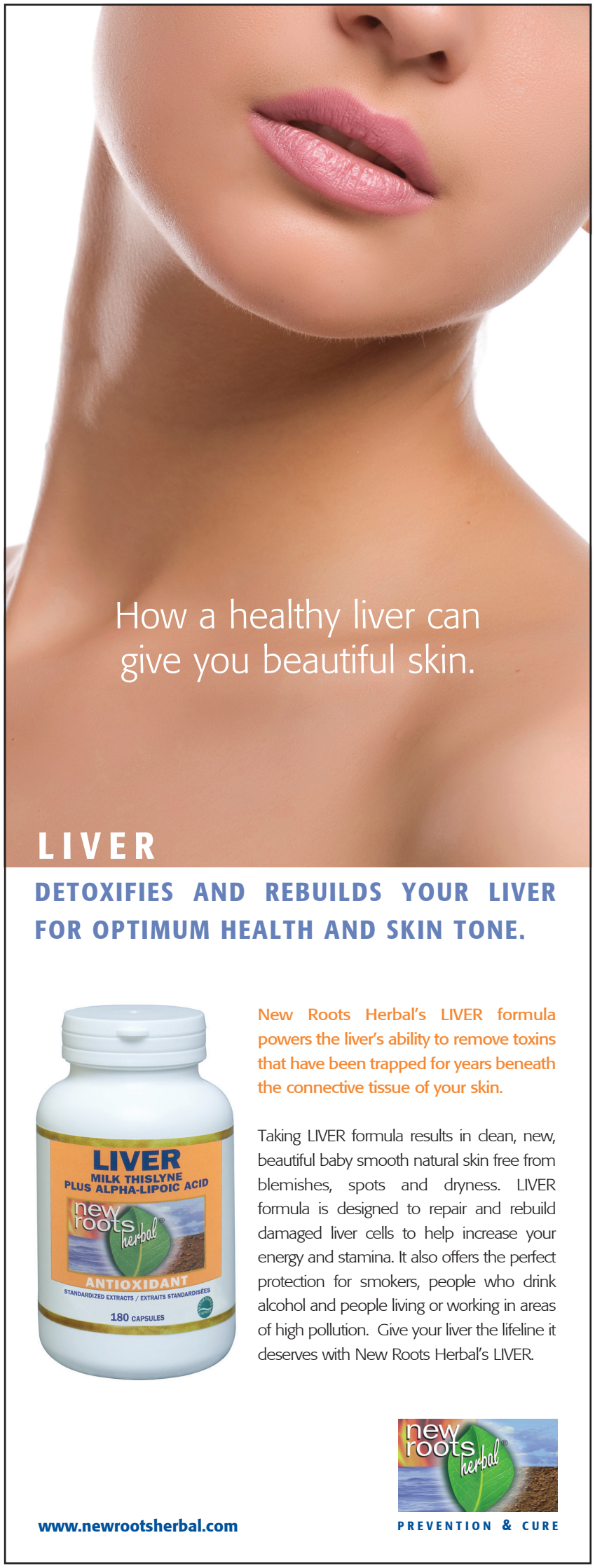
Before venturing to other parts of the world, I do some preparatory web-travel to find restaurants that may be to our taste. This is very helpful for people with food allergies and sensitivities. In the websites listed here, you might also discover a pleasant B&B or other local attractions.

Helpful websites for travel:
www.vegdining.com
www.happycow.com
www.ivu.org
www.vrg.org

Vesanto Melina is a dietitian and author of nutrition classics Becoming Vegetarian, Raising Vegetarian Children *and the* Food Allergy Survival Guide. *She does personal consultations from Langley or (during April) Vancouver. 604-882-6782, www.nutrispeak.com*

Upcoming Events Near and Far

April 19: The Vancouver Island Vegetarian Association presents a free VIVA Fest as part of Earth Day celebrations. Hear talks by internationally-acclaimed Brenda Davis and environmentalist Brian Gordon and enjoy food demos and meet like-minded individuals. At James Bay Community School near the Legislative building in Victoria (www.islandveg.com/viva).
June 18-22: Summerfest, at the University of Pittsburgh in Johnstown, Pennsylvania, features outstanding speakers and gourmet food provided by chef Ken Bergeron, international gold medalist at the Culinary Olympics in Germany. (See www.vegetariansummerfest.org) This is an informative, inspiring conference, which also offers great opportunities to socialize and enjoy healthy cuisine.
July 27-August 2: The International Vegetarian Union (IVU) celebrates its hundred-year anniversary in the same city in which it originated in 1908: Dresden, Germany. Every year, the congress is held in a different part of the world. www.ivu.org/congress/2008/brochure/layout_english.pdf
September 5-7: Toronto hosts the major Vegetarian Food Fair at Harbourfront Centre with speakers and abundant food sampling. http://veg.ca
September 27-28: Taste of Health, Earthsave Canada's major annual vegetarian food event (http://tasteofhealth.earthsave.ca). Held at the Croatian Cultural Centre, 3250 Commercial Drive, Vancouver. Earthsave also provides bi-monthly dine-outs and other opportunities to meet health-minded people. www.earthsave.ca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...continued from p. 7

radio frequency radiation window; that is the third window. What we have learned is this: a raw microwave signal, 1,900 megahertz, in other words, is oscillating at 1,900 million cycles per second. To put that in context with your heart, your heart beats at two hertz, two cycles per second. So a raw microwave is beating at 1,900 million cycles per second. That is too fast for your body to pick up; your body simply does not recognize it. The only time your body recognizes it is if you put 100 watts of power behind that signal and then you can heat tissue and meat like you would in a microwave oven. So when you put high power behind a microwave, you cause heating. That is the thermal window that the current government standards address.

Now, because the raw microwave is invisible to biological tissue unless pushed by high power, it is not a problem. However, with wireless communication, we must carry information and we have to be able to have that information deciphered at the other end of a phone call so that when we talk on the phone we want somebody to hear us talking. In order for that to happen, the information has to be packeted and it is bundled in packets based on amplitude modulation. Another factor is that for the phone companies to make money, they must have multiple people talking on one frequency band at the same time. So for that to happen, you have breaks in the modulation to make room for new calls. That is either going to be code domain breaks or time domain breaks, so that what you have is a circumstance where a packet of data moves and then it stops and then it moves and then it stops because of this multiple access. When that happens, it forms a secondary wave.

The best analogy we have been able to come up with for a secondary wave is the old clothesline, which would be on a pulley. An empty clothesline is like the raw microwave signal – the 1,900 megahertz carrier signal, for example. Putting clothes on the clothesline is the equivalent of these data packets and when you move the clothes through space on the clothesline, they wave back and forth: the secondary wave. That wave is what we call the information-carrying radio wave. The wave that is formed by the packeting of information oscillates in the hertz range and in the hertz range, the body can recognize it. Here is what happens: at the level of the cell membrane – whether it is a brain cell, a blood cell, a nerve cell, a liver cell, a bone cell or a skin cell – there are protein receptors on the cell membrane and their job is to keep track of what is going on in the environment around the cell. You have chemical receptors and you have vibrational receptors. The vibrational receptors are able to pick up radio signals that oscillate in the hertz to kilohertz range.

As the information-carrying radio wave comes in the vicinity of the cell, the vibrational protein recognizes it within milliseconds. But because in the beginning there were no information-carrying radio waves – they are not natural; they are completely manmade – the body interprets the information-carrying radio wave as a foreign invader. When that interpretation happens, a message goes inside the cell that says: "We are under seige; we need to protect ourselves." First, the active transport channels, which are the avenues where nutrients pass into the cell and waste products pass out, begin to close down. As the active transport channels begin to close down, you have a circumstance where nutrients that are in the river between the cells are not able to get into the cell. When nutrients cannot get into the cell, the cell becomes nutrient and energy deficient. When the cell becomes energy deficient, it is not able to communicate with surrounding cells, so that you have a disruption in what we call intercellular communication.

If you think about it, when cells are working together – talking to each other and working together – you have a tissue. When tissues are talking together and

continued p.17...

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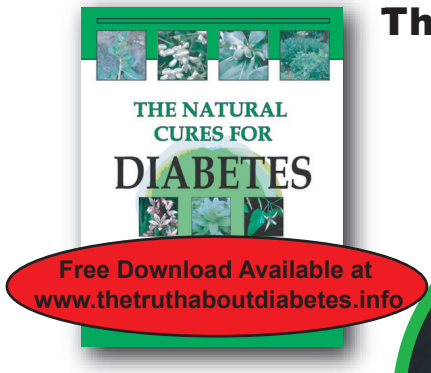

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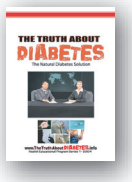

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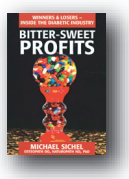

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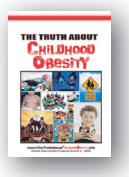

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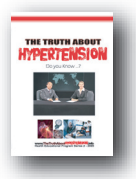

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Richard Gage 9/11 architect
Blueprint for truth

by Elizabeth Woodworth

Pit Stop, by Robert Del Tredici, from his exhibition *Evolution 9/11* showing in April at the Kennedy Art Centre, 150 Main St. East, North Bay, Ontario and at www.evolutionpages.net

More than 300 architects and engineers are calling for a real investigation of the WTC Twin Towers, citing evidence of explosive controlled demolition. After learning of the near free-fall collapses from 9/11 research veteran Dr. David Ray Griffin, architect Richard Gage is now reaching out to the public and his peers to expose the physical evidence that has been surfacing steadily in the professional community, asking questions like, "What mechanism is required to turn 90,000 tons of concrete into powder the width of a human hair?"

The National Institute of Science and Technology (NIST) claims that the steel in the Twin Towers buckled because of burning jet fuel; Gage maintains that the jet fuel-fed hydrocarbon fires were not even hot enough to warp – much less melt – the steel, pointing instead to the intense subterranean temperatures generated by molten metal which endured for weeks. Gage notes: "1,340° F. temperatures, recorded in thermal images of the surface of the World Trade Center rubble pile a week after 9/11… cannot be achieved by oxygen-starved hydrocarbon fires. Such fires burn at only 600 to 800° F…The source of this incredible heat was three to six stories below the surface of the rubble."

Gage also quotes from on-the-scene reports: "Leslie Robertson, World Trade Center structural engineer, stated that on October 5, 21 days after the attacks, the fires were still burning and molten steel was still running. Fire department personnel… reported seeing 'molten steel running down the channel rails… like you're in a foundry – like lava from a volcano.' Joe O'Toole, a Bronx firefighter, saw a crane lifting a steel beam vertically from deep within a pile. He said 'it was dripping from the molten steel.' Bart Voorsanger, an architect hired to save 'relics from the rubble,' stated about the multi-ton 'meteorite' [found] that it was a 'fused element of molten steel and concrete.'" What produced all of this molten metal? Gage cites the chemical evidence of "Thermate" found in the rubble and the dust by physics professor, Dr. Steven Jones and others. Thermate is a high tech incendiary used by the military to cut through steel like a hot knife through butter. The by-product of Thermate is molten iron.

Building 7, an adjacent 47-storey steel building which was untouched by the planes yet collapsed later in the day around 5:20 PM, was another mystery. World Trade Center 7's catastrophic structural failure showed 10 characteristics of explosive, controlled demolition, such as: The destruction began suddenly at the base of the building… first responders reported explosions occurring about a second before the collapse, and the symmetrical, near free-fall speed of collapse. European demolitions expert Danny Jowenko stated, "This is controlled demolition… a team of experts did this. This is professional work, without any doubt."

Gage explains, "Fire cannot produce these effects. Fire produces large, gradual deformations and asymmetrical collapses, but never, ever in a high-rise steel-frame, fire-proofed building." NIST has not produced its promised report on Building 7.

Many now question the public story, including 9/11 Commissioners Kean and Hamilton who complained bitterly of the obstructions to their investigation in an article published January 2, 2008, in the *New York Times* (Ref. http://www.nytimes.com/2008/01/02/opinion/02kean.html) Foreign national parliaments began raising questions. On January 10, Mr. Yukihisa Fujita of the Japanese Democratic Party questioned the official story and the "war on terror" in the House of Councillors (Senate).

In February, at the European Parliament building in Brussels, Italian MP Giuletto Chiesa presented the documentary *Zero*, which questions the official 9/11 account. The screening was followed by a debate.

At home, a growing number of professional scholars, FBI and CIA officials, pilots and military personnel are pressing for a full transparent investigation with powers of subpoena. (President George Bush and Richard Cheney would only testify together and not under oath.) David Ray Griffin's new book, *9/11 Contradictions: An Open Letter to Congress and the Press,* exposes the absurdity of the official account through 25 major internal contradictions.

In view of 9/11's continuing impact on world affairs, it is time to find out what really happened.

Richard Gage, a licensed San Francisco architect, founded Architects & Engineers for 9/11 Truth, a non-partisan association dedicated to revealing truths about the "collapses" of the WTC high-rises on 9/11/01. Richard speaks in Vancouver for the first time, April 19, 7pm, Vancouver Public Library, Alice McKay Room. $8/advance, $10/door. In Victoria: April 20, 2pm, St. John the Divine Church, 1611 Quadra St. Suggested donation $10; no one turned away. www.ae911truth.org

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...continued from p. 14

working together, you have an organ. When organs are talking together and working together, you have an organism, like a human. So when you disrupt intercellular communication, you are disrupting a fundamental physiological process. What happens is that intercellular communication is disrupted. Messages between cells cannot be sent because the cell does not have enough energy to do that. At the same time, because these active transport channels have closed down, waste product builds up inside the cell. When waste product builds up inside the cell, you have a very high concentration of highly reactive molecules called free radicals. Free radicals, like the free radicals in the 1960s, love a party. Inside the cell, the party is going on at the mitochondria, which is where all of the respiratory functioning of the cell takes place. The free radicals, preferentially, will go to the mitochondria and disrupt the functioning of the mitochondria. In disrupting the functioning of the mitochondria, you create cellular dysfunction, meaning that the cell is not able to do its job properly. That is why, for example, if you have a cell whose job is keeping the blood-brain barrier closed and that cell is now dysfunctional, the blood-brain barrier opens. Indeed, we and others have seen leakage in the blood-brain barrier as an effect.

Additionally, the free radicals interfere with DNA (deoxyribonucleic acid) repair inside the cell. We know this now because several studies from around the world have shown the formation of micronuclei following exposure to these information-carrying radio waves. A micronucleus is a piece of DNA that functions well enough to form a membrane around itself, but it has no other purpose. As long as it stays inside the cell it is okay, but when the cell is disrupted at the mitochondria level, it goes through a process that we call apoptosis, or programmed cell death. The cell actually commits suicide to make room for another cell to come in. This happens on a regular basis. Every six months or so, you turn over all of your cells because of apoptosis. When apoptosis happens, the cell membrane disintegrates and whatever is inside the cell goes into the space between the cells and the micronuclei go into the space in between the cells.

Under normal circumstances, a message would be sent to the immune system saying, "We have micronucleus here. Send some macrophages so we can get rid of it." The problem is the intercellular communication has been disrupted and the message to the immune system does not get there. So now you have a micronucleus that is a piece of wild DNA sitting in a nutrient-rich environment and it is free to clone and proliferate. That is the mechanism for the development of a tumour. If you look at the biological cellular mechanism, we have a basis now to explain the diversity of symptoms that we see in the people in our registry. We published a paper late last year proposing a link between the increasing incidence of autism around the world and exposure to information-carrying radio waves (www.buergerwelle.de/pdf/emr_autism_acnem_final_1.pdf).

Our findings in 1999 were the first to indicate increases in brain cancer among cell phone users and other studies have since corroborated those findings.

CG: So where do we go from here**?**

Dr. Carlo: Well there are a couple of things that are obvious. First, over the past 15 years, the issue has evolved from a scientific determination of whether or not there are health problems caused by wireless technology to the realization that we have an emerging medical crisis for people who are electro-hypersensitive. We have a potential link to autism and other serious health effects. Many of us believe that the threat posed by wireless technology is the most serious we will face in our lifetime. The top priority for us now is to address those medical concerns. Second, it is clear that government agencies will not be able to mobilize themselves fast enough to help. The inertia in those agencies prevents efficient adaptation and the problem is further complicated by the enormous political influence of the wireless industry compounding that inertia. It is going to be up to individuals to take steps to protect themselves and their families.

Dr. Carlo's career spans 30 years and more than 150 publications in the areas of health, workplace safety and consumer protection. His most recent book, Cell Phones: Invisible Hazards in the Wireless Age*, co-written with Washington columnist Martin Schram, is printed in five languages. Dr. Carlo is presently Chair of the Science and Public Policy Institute based in Washington, D.C. His current focus is the Safe Wireless Initiative project (www.safewireless.org). George Carlo speaks in Vancouver on May 2, 7-9 pm, St. Andrews-Wesley Church, 1022 Nelson St., $20/advance at 604-435-0512, $25/door or register online at www.hans.org/events/?event=carlo2008*

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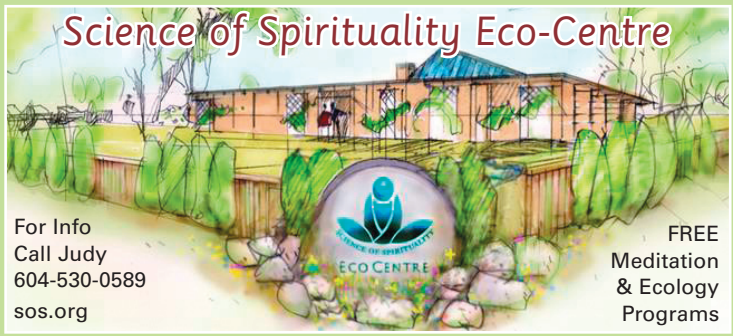

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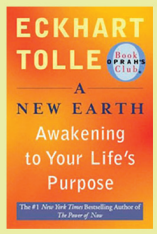

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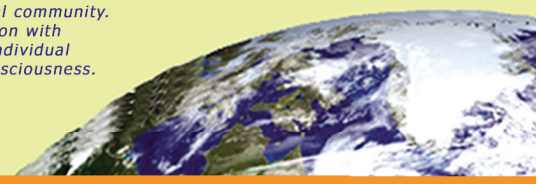

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Beyond happiness

THE POWER OF NOW Eckhart Tolle

SPIRITUALITY

As long as a condition is judged as "good" by your mind, whether it is a relationship, a possession, a social role or a place in your physical body, the mind attaches itself and identifies with it. It makes you happy, makes you feel good about yourself, and it may become part of who you are or think you are.

The Buddha taught that even your happiness is *dukkha*, a Pali word meaning "suffering" or "unsatisfactoriness." It is inseparable from its opposite. This means that your happiness and unhappiness are in fact one. Only the illusion of time separates them.

This is not being negative. It is simply recognizing the nature of things so that you don't pursue an illusion for the rest of your life. Nor is it saying that you should no longer appreciate pleasant or beautiful things or conditions. But to seek something through them that they cannot give – an identity, a sense of permanency and fulfillment – is a recipe for frustration and suffering.

The whole consumer society would collapse if people became enlightened and no longer sought their identity through things. The more you seek happiness this way, the more it will elude you. Nothing out there will ever satisfy you, except temporarily and superficially, but you may need to experience much disillusionment before you realize that truth.

Things and conditions can give you pleasure, but they will also give you pain. Things and conditions can give you pleasure, but they cannot give you joy. Nothing can give you joy. Joy is uncaused and arises from within as the joy of Being. It is an essential part of the inner state of peace, the state that has been called the peace of God. It is your natural state, not something you need to struggle to attain.

Many people never realize that there can be no "salvation" in anything they do, possess or attain. Those who do realize it often become world-weary and depressed: If nothing can give you true fulfillment, what is left to strive for? What is the point in anything? The Old Testament prophet must have arrived at such a realization when he wrote, "I have seen everything that is done under the sun, and behold, all is vanity and a striving after wind." When you reach this point, you are one step away from despair – and one step away from enlightenment.

A Buddhist monk once told me, "All I have learned in the 20 years that I have been a monk I can sum up in one sentence: All that arises passes away. This I know."

What he meant, of course, was this: I have learned to offer no resistance to what is; I have learned to allow the present moment to be and to accept the impermanent nature of all things and conditions. Thus have I found peace.

To offer no resistance to life is to be in a state of grace, ease and lightness. This state is then no longer dependent upon things being a certain way. It seems almost paradoxical, yet when your inner dependency on form is gone, the general conditions of your life, the outer forms, tend to improve greatly. Things, people or conditions that you thought you needed for your happiness now come to you with no struggle on your part and you are free to enjoy and appreciate them while they last.

Cycles will come and go but with dependency gone, there is no fear of loss anymore. Life flows with ease.

All those things, of course, will still pass away; cycles will come and go, but with dependency gone there is no fear of loss anymore. Life flows with ease.

The happiness that is derived from some secondary source is never very deep. It is only a pale reflection of the joy of Being, the vibrant peace you find within as you enter the state of non-resistance. Being takes you beyond the polar opposites of the mind and frees you from dependency on form.

Even if everything were to collapse and crumble all around you, you would still feel a deep inner core of peace. You may not be happy, but you will be at peace.

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Create peace of mind

UNIVERSE WITHIN Gwen Randall-Young

Have you ever wondered why time spent in nature can be so peaceful and nourishing to the soul? Sometimes, the silence seems immense, almost overwhelming. We often simply stand still, almost mesmerized by the fresh, pure air and the surrounding beauty.

The reason the silence sometimes seems to echo endlessly is because for a moment, at least, we have stopped all thinking. The silence fills both our external and internal worlds. Time seems to stand still. It is a transcendent moment. Such moments are rare because the mind usually fills our consciousness with uncontrolled chatter. Like a radio or television, there is a continuous stream of comments, reflections and replays. Whether driving or making dinner, the commentary is there.

Sometimes, it can be pleasant, as when we are remembering something that warms our hearts. At other times, it is more like a "worry channel" that delivers all the bad news. If there isn't something real to worry about, the mind can always make something up.

It can also be a "self-criticism" channel, which berates, chastises and belittles all of who we are and what we do. It may be generalized to all aspects of our being or it may focus on one area. The channel might also be dedicated to belittling and judging other people. Everyone has their faults, but this channel replays them over and over, until finally we define other people in terms of our own judgments of them, rather than by who they really are.

It is easy to see how this mind chatter can set our emotional climate. Thoughts are a form of energy and the energy of these negative thoughts is broadcast to every cell in our body. It fills our consciousness and sets our mood. Even if they are not so much negative, but just telling us how much we have to do, we are still deprived of any sense of calm and peacefulness.

Think of the calmness you feel when you enter a clearing in the forest. Imagine it to be spacious and filled with light. Now imagine that you can create such a clearing in the forest of your own mind. It is a special sanctuary that is open and clear, regardless of how entangled and overgrown the rest of the forest might be, and regardless of whatever beasts might be lurking out there. This is your safe place where you can come to rest, revive and rejuvenate.

Aim to spend more and more of your time there. The mind does not need to be running all the time just as a light does not need to be left on after we leave a room. Yet it is certainly helpful when we return to the room and need to see. The mind is a necessary tool and it can be extremely effective, but if we learn to focus our mind, it will not need to keep "running," going over the same thoughts without doing anything productive about them.

If we must figure out what to do about a situation, we can sit down and bring the light of our consciousness to illuminate all aspects of the situation. We can generate possible solutions and decide on the best one. Then we can leave that room.

If we notice we have left our mind "idling" and it is stuck in a negative rut, it is time to turn it off. This can be done by visualizing our "clearing" and going there for a time. It can also be done through the practice of meditation or listening to a guided meditation. If all else fails, sing a song or say the alphabet backwards.

The more that we practise interrupting a "polluted" stream of consciousness, the easier it is to do. Over time, our thoughts become more positive and pure because that is what we are choosing. This is one way of creating within the beautiful peace that nature both reflects and offers to us.

Think of the calmness you feel when you enter a clearing in the forest. Now imagine that you can create such a clearing in the forest of your own mind.

Gwen Randall-Young is a psychotherapist in private practice and the author of Growing Into Soul: The Next Step in Human Evolution. *For articles and information about her books and "Deep Powerful Change" personal growth/hypnosis CDs, visit www.gwen.ca*

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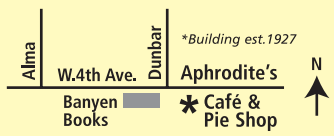

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The impossible dream

EARTHFUTURE Guy Dauncey

ENVIRONMENT

In Cervantes' classic book *Don Quixote*, published 400 years ago, Don Quixote is a retired country gentleman obsessed with the ideal of courteous chivalry. He lives out the fantasy of becoming a noble knight, rescuing damsels in distress and tilting at windmills, for which he is mocked by his neighbours.

In 1965, his book became a Broadway play, which included the song *The Impossible Dream*; you can hear on You Tube if you search *Impossible Dream* and ignore the Honda ad.

To dream the impossible dream
To fight the unbeatable foe
To bear with unbearable sorrow
And to run where the brave dare not go
To right the unrightable wrong
To love pure and chaste from afar
To try when your arms are too weary
To reach the unreachable star…

Why has the song become so popular? Because it speaks of great dreams and action motivated by nobility of spirit. Our history is full of injustice and cruelty. There have always been those who revel in their self-importance as they beat, humiliate or kill their victims. History is also full of people falling prey to collective madness: people who empty the ocean of fish and people who profit from fossil fuels even though global warming will cause untold misery for future generations.

Why, however, is our world not completely dominated by injustice, cruelty and folly? Why have so many good things been achieved in spite of these tendencies? The answer lies in the song: that throughout history, individuals have been stirred by injustice and folly to right the unrightable wrong, to fight the unbeatable foe. What motivates Paul Watson to take on the Japanese whaling fleet, or pianist Daniel Barenboim to bring young Israeli and Arab musicians together to perform concerts in Israel, Palestine and around the world? What motivates Jane Goodall to work so hard to protect the chimpanzees and other wildlife around the world? The same deep-rooted urge – the impossible dream.

Where would we be without it? No democracy, no social justice, no end to slavery; no socialized health care, no ecological protection. To this, we can add the achievements of scientists, doctors, engineers and explorers who pushed the boundaries to open new worlds of possibility. The list includes those who took up arms to stop the Nazis, inspired by their determination "to fight the unbeatable foe." Far from being crazy, "to dream the impossible dream" might be the sanest of all responses to the challenges we face – which brings us to the present.

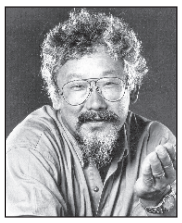
On May 4, two young Vancouverites, Stephanie Tait and Matt Hill, are embarking on *their* impossible dream – the Run for One Planet. They asked themselves what the world will look like for those who will inherit it and they didn't like what they saw. They believe in the power of the individual, but they realized that most people don't know how they can make a difference.

So they developed the idea to run a marathon a day for a whole year, covering 11,000 miles from Vancouver to

Newfoundland, down the East Coast to Florida, across the south to Los Angeles and up the West Coast to home. Along the way, they will stop in cities and towns to motivate people to make new choices for our planet, asking them to become "Environmental Ambassadors" and make up to 10 personal actions that will make a difference. They want to inspire a million actions and raise $1 million to enable others to organize more One Planet Marathons. My heart swells for what they are undertaking. To follow their dream, see www.runforoneplanet.com

We live at a time of great crisis, which calls for great dreams. If we all reach deep inside and ask, "What is *my* impossible dream?" we will be able to achieve the "Great Transformation" that is so urgently needed to create a just, sustainable world without homelessness, poverty, pollution, food shortages and the many other perils that confront us.

Guy Dauncey is president of the BC Sustainable Energy Association, whose members act on the dream of a BC that can thrive without the use of fossil fuels- See www.bcsea.org



Selective overload

SCIENCE MATTERS David Suzuki with Faisal Moola

The most powerful force shaping our lives is science, especially when it's applied by medicine, the military and corporations. All too often, new technologies become part of our lives without much forethought as to their full impacts. Just think of nuclear power, genetic engineering and the development of toxic chemicals to keep our lawns green or vegetables blemish-free, for example.

When I began my television career in 1962, I thought that all the public needed was more information about science and technology so it could make better decisions based on facts. Well, people are getting far more information today than they ever did 45 years ago. And we still make ill-informed decisions.

I now believe we are experiencing a major problem in the early-21st century: selective information overload. By this I mean that we can sift through mountains of information to find anything to confirm whatever misconceptions, prejudices or superstitions we already believe. In other words, we don't have to change our minds. All we have to do is find something to confirm our opinions, no matter how misguided or wrong they may be.

Whenever I give a talk on global warming, someone in the audience tells me that the Earth is going into a period of global cooling and should be burning more fossil fuels. When I ask for evidence, they typically answer, "a website." Well, yes, there are lots of websites saying that global warming is some kind of left-wing plot, junk science, baloney, etc.

There are also dozens of websites, books and videos about intelligent design or creationism, pyramid power, UFOs, the Bermuda triangle, crop circles, Atlantis, alien abductions, and so on. And this brings us back to our big challenge: sifting through information overload.

For people who do not want to believe the evidence accumulated over decades by thousands of climatologists that global warming is real and demands an urgent response, all they have to do is rely on selective media reporting.

Of course, if we are each going to have some say in where we are going, we need information. And we need to inform ourselves using real facts put forth by credible sources. But even this is in jeopardy. President Bush has made things more difficult by imposing a heavy hand on scientific reporting, deliberately distorting reports and censoring information. Scientists, including a number of American Nobel prizewinners, have raised the alarm.

Sadly, this practice is not confined to the US. In fact, our own government's use of science to inform public policy decisions has not gone unnoticed. Recently, the internationally respected British science journal *Nature* published a strongly worded editorial that listed the federal government's skepticism on the science of global warming and its retreat from Canada's Kyoto commitment.

Canada's current government has also phased out the role of the national science advisor and refused to accept the recommendations of its own expert science panel on biodiversity to legally protect several endangered species, including beluga whales, the Porbeagle shark and two populations of White Sturgeon that live in BC's Fraser River.

Canada's current government has refused to accept the recommendations of its own expert science panel on biodiversity.

This is a big problem.

Science provides the best information about the world around us. Of course, it isn't a perfect system. Scientific conclusions are often tentative and can only become more solid after more debate, research and observation. The process can take years.

And scientists, being human, also have their own biases and points of view that can influence the way they ask questions and interpret data. But in the arena of open scientific debate, consensus can generally be achieved regarding the best possible understanding of an issue.

Scientific consensus does not mean we will always get the right answer. But if I were to make bets, I'd put my money on scientific consensus over a hunch, a politician's opinion or a business leader's tip. If we don't have the best scientific minds and information to guide our policies, where do we turn? The *Bible*? *The Koran*? The Dow Jones average? This is something we all need to think about, regardless of political stripe.

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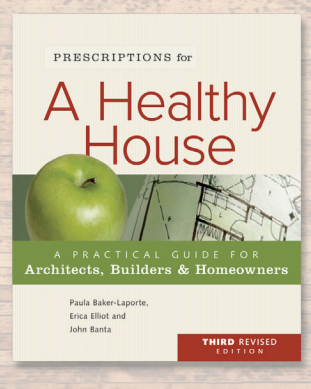

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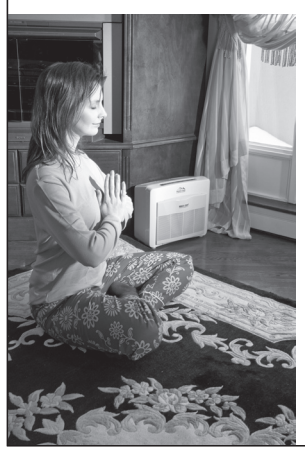

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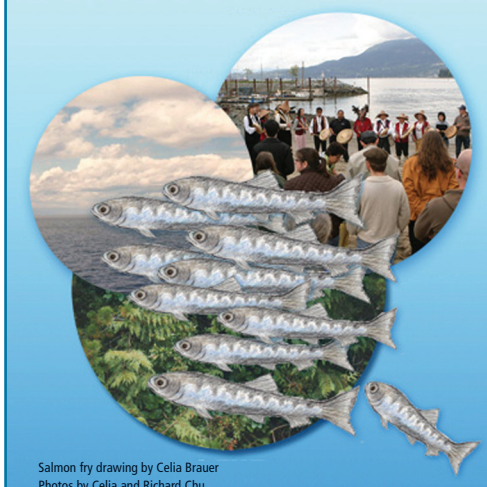

Salmon fry drawing by Celia Brauer
Photos by Celia and Richard Chu

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Let's get growing

ORGANICS

ON THE GARDEN PATH Carolyn Herriot

I always start the gardening year off with a good spring clean. Crisp, sunny days are perfect for cutting herbaceous matter down from borders, raking beds and checking for weeds. Dig perennial weeds out first – dandelions, morning glory, plantain and couch grass – and try to remove annual weeds before they set seed. **Tip**: Unless you hot compost, don't put pernicious weeds or weed seeds into compost piles as you don't want to inadvertently spread them around.

When soil temperature warms up, microbial populations wake up and enable plants to access nutrients from the soil. It's all about the microbes, I am reminded, when I see huge changes in the gardenscape daily. This is a good time to walk around the garden and think about how you can work in harmony with the garden's web of life. It's the secret to becoming a great gardener.

When soil temperature warms up, microbial populations wake up and enable plants to access nutrients from the soil.

If you mulch newly cut borders with compost, (teaming with microbes), you will be practising organic weed and feed. The mulch smothers weed seeds so they don't germinate and adds nutrients to feed soil organisms.

My "Super Duper Mix" looks something like this – Layers of each of the following (no more than six inches at a time):

- Herbaceous cuttings from garden (chopped up).
- Weeds (no seeds).
- Horse manure (fresh OK – good activator).
- Seaweed (in winter).
- Spoiled hay (when available).
- Sawdust with chicken manure (always available!).
- Leaves (stockpiled in wire cages for year round use).
- Stinging nettles and comfrey cuttings (in season).

Note: No kitchen waste. This goes into a separate, rat-proof, recycled, plastic composter.

Simple pruning rules:

Dead, diseased and damaged wood off first.

Criss-crossing branches and those growing in towards the centre next.

Tip: Prune long branches if the weight of fruit threatens to rip the branch.

Always prune at an angle to an outward facing bud just above the bud.

To avoid water shoots, never take off more than 30 percent at one time.

Note: Prune, then dormant spray fruit trees before their buds open.

Wait until a mild, sunny day with no wind to dormant spray. Rent or buy a backpack sprayer and mix lime sulphur and horticultural oil with water. Sulphur is a natural fungicide and oil smothers over-wintering egg masses and fungal spores. The last step is to attach sticky band traps that trap insects as they crawl up tree trunks to lay eggs that hatch into fruit maggots. You won't believe how many insects get stuck on these.

As a seed saver, I have attended many Seedy Saturday seed exchanges. Now, I have a stockpile of exciting new vegetable varieties to grow. All the seeds I grow are open-pollinated because I can save seeds for future harvests with them. The cool weather crops are sown first: peas, onions, leeks, lettuces, brassicas – broccoli, cauliflowers, cabbages and kales – spinach, chards, parsleys and herbs. Sow seeds in a greenhouse, on a sunny windowsill or directly in the garden once the soil has started to warm up. I can't wait to see purple-black lettuces, striped Tigerella tomatoes and white Russian kale. They sound so intriguing and delicious.

Fava beans, French shallots and softneck garlic should be planted directly in the garden during the cooler days of late winter. A dibber makes planting beans, peas and garlic cloves easy. It sinks into moist soil and makes a deep, pointy hole. Simply punch holes six inches apart, in rows six inches apart, and drop the beans in. Rake soil over to cover the beans. Growing in blocks better supports Favas.

Grow what you and your family like to eat and whatever does well in your area. We don't all have to grow the same things because we can barter fruits, vegetables, plants and preserves with Mrs. Bloggs down the road and get to know our neighbours at the same time.

Carolyn Herriot is author of A Year on the Garden Path*, which talks you through growing food year-round and seed saving. http://www.earthfuture.com/gardenpath/ Follow Carolyn's blog on www.gardenwise.ca*

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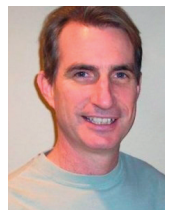

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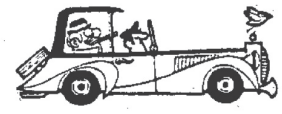

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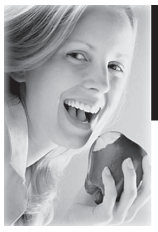

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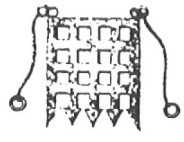

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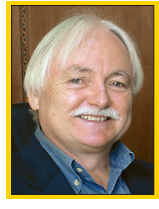

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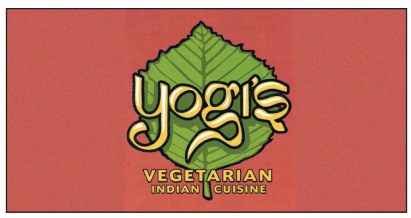

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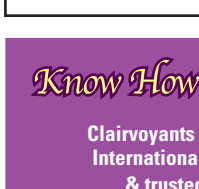

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Apr 02 *Mediumship* Alan Holmes
APR 09 Closed for private ISA event
Apr 16 *Mediumship* Glenda McLeod & Janis Soparlo
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Apr 30 *Mediumship* Claudette Godin
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I've had enough of reading things by neurotic, psychotic, pig-headed politicians. All I want is the truth. Just gimme some truth. *– John Lennon*

To read or not to read – that is the question

by Cara Shu-mei

The way I see it, a good book will not only entertain you, but it will also rev your personal, intellectual engine.

I have often wondered what it means to be "well read." In today's society, this seems to be a very subjective term, plastered with stereotypes. The image that most often comes to mind is that of a scholar: quick-witted, knowledgeable and someone for whom all passion lies in works of non-fiction. If this is really accurate, someone could read hundreds of fictional books a year and still not be deemed "well read."

Herein lies the problem: there are too many genres to generalize and it is all a matter of personal bias and taste. Working at a bookstore, I am constantly surrounded by books written by everyone from Socrates to Robert Munsch, and from Ayn Rand to Nora Roberts, etc., so how does one decide what is important to read?

Is a person who reads fantasy novels any less intelligent than one who absorbs books about political science, and vice versa? And when you have finally decided which genre best suits you, which books within it are worthy of your consideration and time, and why? The answer dwells inside your own mind and heart.

The way I see it, a good book will not only entertain you, but it will also rev your personal, intellectual engine. It does not matter whether this happens by exploring possibilities through physics or through examining the human soul via fiction, as long as it makes you think; for to ponder is to be intellectual, and to become an intellectual because of literature is to be well read.

While we are on the subject, a question comes to mind: can a person be intelligent without reading? The answer requires one to consider exactly what intelligence is. Books exist as a means of information, a way of recording and sharing truth (in fiction, you learn truths about yourself by relating to the different characters and circumstances). So by reading, you soak up all the information the book has to offer and thus become knowledgeable. With this knowledge, your intelligence begins to kick in, processing the information and enabling you to form unique opinions. Intelligence is merely the way you view facts after they are assimilated, whether through books, TV or – heaven forbid – real life experiences.

I guess what I'm trying to say is that it doesn't matter what you read, or even if you don't read at all; what really counts is whether or not you keep an open mind. I have a belief that every one of us wants to learn something, academically or otherwise. It is more a question of figuring out what exactly that might be and how to go about doing it.

Just remember that wherever this particular journey may take you, stay happy, stay honest and stay pensive.

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FILMS WORTH WATCHING *Robert Alstead*

Marking Australia Week (April 3-6) for the second year running is OzFlix: Australian Film Weekend at the Pacific Cinematheque, April 4-6. One of the highlights, *Lucky Miles*, won the Audience Award at the Sydney Film Festival. The film, which screens on the first night of the festival, is a humorous outback survival story dealing with the hot button issue of asylum seekers. Based on an apparently true event in 1990, refugees are abandoned on an Australian desert coastline, at the mercy of the elements and a half-hearted border patrol.

The OzFlix program also includes the surf movie *Bra Boys*, about a working class gang of wave-riders in Maroubra in Sydney's south. Narrated by Russell Crowe, it was apparently the "most successful theatrical documentary in Australian history." Television documentary *Crowded House – Woodface*, features the Oz rock band of the title as they strain to put out their *Woodface* album. *Bit of Black Business*, a series of short films created by indigenous filmmakers, explores contemporary Aboriginal life. (You can get tickets to the films separately or a weekend pass and membership for $40.)

There's a short archival clip in Martin Scorsese's Rolling Stones documentary *Shine a Light* where a fresh-faced Mick Jagger is asked if he can see himself still performing when he's of pensionable age. His response: "Absolutely. Easily." And here he is 63-years-old, his looks weathered by time, but still throwing his skinny frame about the stage like a man decades younger.

Shine a Light was shot by a crack team of cinematographers at the Beacon Theatre in New York City in 2006, during the band's "A Bigger Bang" tour and on the occasion of the 60th birthday of former US President Bill Clinton. Scorsese, whose other music filmwork includes editing on *Woodstock*, directing the Bob Dylan biopic *No Direction Home* and a forthcoming documentary about George Harrsion, takes the concert movie route here. Archival footage is interspersed with renditions of the Stones' performing a repertoire of classics. It's more about the live performance, and Jagger's in particular, than anything else. *Shine a Light* opens at the IMAX on April 4.

In *The Forgotten Woman,* debut director Dilip Mehta picks up on the theme of sister Deepa's *Water*, about the plight of widows in 1938 India. The new documentary looks at the state of widows in India today and director and cinematographer Dilip goes into the ashrams and streets, where millions of Indian widows are still forced by tradition to live their remaining years isolated from and shunned by society. Deepa is credited as the writer of the film. *The Forgotten Woman* should be out now.

Having survived a month-long binge on Big Macs, super-sized greasy fries and sugary drinks a few years ago, Morgan Spurlock puts himself back in harm's way in the documentary *Where in the World Is Osama Bin Laden?* (April 18). The premise for this escapade arises when the *Super Size Me* star decides that, in order for his new-born child to be safe, he must find the most wanted man on the planet. Borrowing elements from his smash hit – even his doctor makes another appearance – Spurlock plays the naive American abroad getting to know the Arab world a little better. How funny you find it will probably depend on how much you like Morgan Spurlock.

Morgan Spurlock puts himself back in harm's way in the documentary *Where in the World Is Osama Bin Laden?*

At the other end of the spectrum, in terms of its artistic approach to the US in the Middle East, is Errol Morris's *Standard Operating Procedure*, due out May 2. Morris's *The Fog of War* (2003), a potent, candid piece of documentary filmmaking, captured the Cold War mindset through its portrait of former US Secretary of Defense Robert S. McNamara. This time, Morris turns to the Abu Ghraib prison incident five years ago and those infamous images of hooded and naked Iraqi prisoners piled on top of each other. In what Morris has described as his "non-fiction horror movie," he endeavours to go beyond the media story. Morris takes the view that the infamous photographs, while exposing the horrors of the prison were also "a cover-up" because they didn't get to the root of the crime.

Robert Alstead made the Vancouver-set documentary You Never Bike Alone*, www.youneverbikealone.com*

email: datebook@commonground.ca

Datebook

George Carlo, PhD, May 2
renowned authority on the dangers of cell phones & electromagnetic fields speaks in Vancouver: Wireless – Popular, Convenient & Hazardous to Your Health. May 2, 7-9 PM, St. Andrews-Wesley Church, 1022 Nelson St., $20/advance at 604-435-0512, $25/door or register online at www.hans.org/events/?event=carlo2008

APR 5 & May 2-4
Rosen Method Bodywork and Movement: Experiential Workshop, Vancouver: May 2-4, Talk/demo Fri. 7:30-9:30PM, $20. Full weekend, 9:30AM-4:30PM, $195. April 5: one-day workshop, $75. 535 West 10th Ave. 1-877-885-0179, www.rosenmethod-canada.com

APR 5-6 & MAY 25-JUN 7
Permaculture Design: Urban Permaculture Workshop: April 5, Vancouver. Forest Gardening Workshop: April 6, Sunshine Coast. Permaculture Design Course: May 25-June 7, Kootenay Permaculture Institute, Winlaw, BC. Learn how-to design & implement ecological human habitat. Info: 250-226-7302, spiralfarm@yahoo.com, www3.telus.net/permaculture

APR 7
Introduction to the Diamond Approach, the work of A. H. Almaas, and a path to spiritual maturity and self-realization. Centre for Peace, 1825 W. 16th, 7-8:30pm, Rm 201. cefinnegan@yahoo.ca 604-254-2225.

APR 8
"There Is No Incurable!" Experience God's healing force through Bruno Groening! All welcome! St. Georges's Place Society, 2950 Laurel Street, 7pm, Vancouver. Information: 604-434-0844.

APR 11, 12
Environmentalists! Hear Toni Pieroni, RCC, Fri., April 11, 7PM, Unitarian Sanctuary, 49th/Oak, "5 Spiritual Practices": Gratitude, Facing Fears, Vision, Inter-Being, Action. April 12, Toni leads a workshop based on Joanna Macy's "The Work That Reconnects," $50 incl. lunch. Contact perrink@shaw.ca

APR 11-13
Basic Holistic Foot Reflexology Introduction commences certificate weekend course. Intro: $10, Course $325. Pacific Institute of Reflexology, (604) 875-8818, www.pacificreflexology.com

APR 12
Shamanic Drumming & Dreaming Circle: Saturday, 7-10pm. Learn to experience insight/healing from your Nature Spirit Totem guardians. At Vancouver Multi-Cultural Society, 1254 W. 7th. By donation. Earthsong Healing Circles. 604.418.9636, www.shamanichealing.info

APR 12
Core Belief Engineering Doorway to Success: Great Value! Learn and experience CBE. One day of theory and exercises; one day of private personal transformation. 604-536-7402.

APR 12, MAY 10
Dru Yoga Workshops: St Marks Church, Larch Street at 2nd Ave. Register: 604-263-4432 or 604-936-3255 or canada@druworldwide.com Details www.druworldwide.com/canada

APR 13
"Transformation of Man" series; Tape 4 of 7 with Krishnamurti-philosopher, Bohm-physicist, Shainberg-psychiatrist. 4PM, open dialogue 5:30-7:15. MacMillan Planetarium lounge. Donation. (Tape 5/7 in September). Info: 604.734.7774.

APR 17
Free public lecture by Martha Moffett: How Can Prayer make a profound difference in your life? 7:30pm, Granville Room, Plaza 500 Hotel, 500 W. 12th Avenue @ Cambie Street, 604-733-4310, dwkydd@telus.net

APR 18-19
Dru Yoga Work-Life Balance Professional Training. Call 604-263-4432 or 604-936-3255. Visit canada@druworldwide.com
Details www.druworldwide.com/canada

APR 19
Richard Gage 9/11 Blueprint for Truth: The Architecture of Destruction. At Vancouver Public Library, Alice MacKay Rm, 350 W. Georgia St., 7pm. Tickets through events@vancouver911truth.org or People's Co-op Bookstore 1391 Commercial Dr. & Banyen Books, 3608 W. 4th Ave. $8/advance, $10/door. In Victoria: Apr. 20, 2pm, St. John the Divine Church, 1611 Quadra.
vancouver911.truth.org

APR 19
Live Smart Diabetes Expo: 8:30AM-3pm, Broadway Church, 2700 E Broadway, Vancouver
Register at www.diabetes.ca or call 1-800-BANTING.

APR 19
Shiva Shakti presents Celebrating the Feminine Divine: Trinity St. Mark's church, 1805 Larch, Vancouver, 7pm. Tickets $20/Banyen, 604-737-8858, $25/door. A Seva Fundraiser. www.shivashakti.ca

APR 20
WESAK Meditation. 7pm. Doors open 6:30pm. Please wear white attire. 2950 Laurel St, Vancouver.
www.pranichealing.ca/vancouver.htm

APR 22
Angels of Nepal fundraiser: Experience Brian Harris's remarkable Himalayan photography and a Nepalese-directed film. Enjoy exotic nibbles, music and silent auction. Proceeds assist Nepal's most vulnerable people. Chai Gallery, 3243 West Broadway. Silent auction 6:30pm. Showtime 7:15pm. $20 suggested donation at door, www.imagineconference.com or 604-542-4817.

APR 25-27
Electromagnetic Fields workshop – Identify and solve electromagnetic field problems; bioeffects, symptoms. Certificate. For professionals and laypersons. Outline: www.essentia.ca / (888) 639-7730. Attractive early registration discounts.

APR 25-27, MAY 2-4
Mahatma, The I AM Presence: Bring all levels of your being into a state of union with the Source. Burnaby: Apr 25-27. Vancouver: May 2-4. Also Mahatma Ascension Reiki Burnaby: Apr. 29-30. Vancouver: May 6-7. See display ad this issue & www.thevisionandthevoice.com

APR 25-27
Basic Holistic Ear Reflexology Introduction commences certificate weekend course. Intro: $10, Course $325. Pacific Institute of Reflexology, (604) 875-8818, www.pacificreflexology.com

APR 25-27
Authentic Hawaiian Lomilomi Massage communicates deep within the core of self. Module I: Apr. 25, evening & Sat/San 10AM-5pm. $395. Intro: March 26, $10, www.lomi4life.com, 604-431-7474.

APR 26
Earth Day Rite of Spring Interspiritual Ananda Mantra Choir: Walking the Labyrinth Workshop 1-5pm, Labyrinth walk 6-7:30 and 9:15-9:45pm. Sacred Earth Performance 7:30-9pm, Unitarian Church of Vancouver, 949 W. 49th/Oak St. Info/register for labyrinth workshop – David: 604-685-0551, david@bluelotusmusic.com

APR 28
Mastering Fears of Parenting Your Teen, Monday 7pm. Develop a more positive relationship with your teen. Vancouver: 41st and Fraser. To register: 604-786-0709 or Klaus@kdkcounselling.com

APR 29
Become a Shamanic Coach: Free information evening & talk, "Spiritual Signs in Nature." 7:30pm, Centre for Peace, 1825 W. 16th@Burrard. Practitioners and non-practitioners will benefit from learning how this alternative healing modality complements traditional medicine. Hosted by the Institute of Shamanic Medicine. 1-877-329-8668 info@shamanicmedicine.ca, www.shamanicmedicine.ca

MAY 1-4
Vancouver Marathon & Urban Lifestyle Expo: To volunteer, call 604-872-2928 or register at www.bmovanmarathon.ca Expo: May 1-3, Westin Bayshore, Vancouver. Marathon: May 4.

MAY 2
Dr. George Carlo, PhD presents a talk on health hazards of cell phones, cell towers & EMFs & signs of electro-sensitivity and how to deal with it. 7-9pm, Saint Andrew's-Wesley, 1022 Nelson @ Burrard.

MAY 3
100th Anniversary Celebration of Gaelic Society of Vancouver. Traditional Scottish & Gaelic Music & Dancing Social 5pm, Dinner 6pm Tkts $50. 604-929-4781 or 604-432-9216.

MAY 7-11
Core Belief Engineering Basic Course Summerland, BC. Learn how to transform limiting core beliefs in this mind-expanding five-day course. Personal transformation; Practitioner Certification. 604-536-7402. www.corebelief.ca / info@corebelief.ca

MAY 10
The Canadian Society of Questers (www.questers.ca) presents Linda Moulton Howe (www.earthfiles.com) with hard evidence about the American government's denial & cover-up of extraterrestrials. The NORM Theatre UBC, $20/advance, $25/door.ccss@aebc.com

MAY 16-18
Past Lives, Dreams & Soul Travel Workshop Sat 18, 1- 3pm, BC Eckankar Seminar, Workshops, Chat Room, Dessert Social, UBC Student Union Building. Info: 604-724-6911, www.eckankar-bc.ca

MAY 23-25
9th Yoga Outreach Fundraising Retreat: 1 weekend, 21 amazing yoga teachers, including Sandra Sammartino, James Fairbanks & Eoin Finn. Music from Wade Imre Morissette & Shine Edgar. Paradise Valley (near Squamish). Visit www.yogaoutreach.com 778-885-4293.

MAY 30-31
Zenith Omega Volume One Healing Certification: Vancouver - 30th: 6:30-10pm & 31st: 10-6:30pm. Snacks & beverages provided. Info & registration www.souljourneys.ca or call 905-646-9168.

JUN 19, & 20-22
Basic DNA Theta Healing with Loretta Mohl: June 19 free lecture, sponsored by the Canadian College of Healing Arts. Register at 780-910-5052 or email Loretta@CanadianCollegeofHealingArts.com, www.CanadianCollegeofHealingArts.com

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JUL 20-26
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SUNDAYS

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International Spiritualist Alliance #201-317 Columbia Street, New West, 604-521-6336. Sunday services, 11AM. Rev. Joyce Tarvin, 604-433-6663, www.isacanada.ca. See Resource Directory ad.

Science of Spirituality See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

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TUESDAYS

Children of War fundraiser at Chai Gallery at East is East, 4413 Main St. @ 28, 7:30pm-1:30AM, 604-879-2020. See Wed. listing for more info. www.thechildrenofwar.org.

Reflexology Student Clinic sessions, only $18. Evenings only. By appointment. Pacific Institute of Reflexology. 604-875-8818, www.pacificreflexology.com.

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Hawaiian Medicine Circle: 7pm. Hawaiian guided meditation, Sharing the Aloha, tea and snacks. $10 donation. At Hale Ola, 1215 Madison Ave., Burnaby. 604-431-7474. Call Kumu Kaimana.

Children of War fundraiser: At Chai Gallery, upstairs at East is East. Local musicians & traditional dancers, 7:30pm-1:30AM, 3243 W. Broadway. $25/door, 778-837-1862, www.thechildrenofwar.org.

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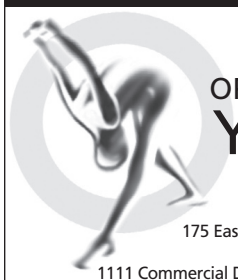
Sun. April 20
7:30 pm
S.P.E.C. Building
2150 Maple St., Vancouver

www.transmissionmeditation.org *www.taracanada.org*

New Studio Open
Main & 14th (across from JJ Beans)



OPEN DOOR YOGA

175 East 15th Ave @ Main
and
1111 Commercial Dr. (near Venables)
778.371.8179
www.opendooryoga.bc.ca

Bring in this ad for a FREE class in April

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AN AFRICAN INSPIRATION
presents
Tribu African Healing Dance Workshop for Women
With LIVE DRUMMING by the Diva Drum Collective
On the FIRST SATURDAY of EACH MONTH
"I feel elated with joy and love right now! What an extraordinary experience!" – Katie
This is an experience that truly nurtures your soul...
www.JackyEssombe.com

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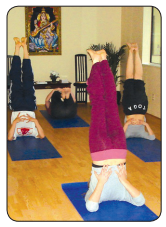
Yoga Vedanta Centre
vancouver
Daily Hatha Yoga - All Levels
Health Relaxation Peace of mind



Chanting Workshops
Soorya & Naranjan
Apr. 5, 7-9 pm
Bhagavad Gita
Thursdays, 6-8pm, Apr. 24-Jun 26.
Reserve now.
- Teens Yoga
- Sunday Satsang 6 pm
- Prenatal & restorative classes

280-2010 E. 48th Ave. @ Victoria
604-321-9039 yoga@mail.com
www.sivanandavancouver.com

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"Physical Fitness is the first requisite of happiness." - Joseph H. Pilates

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Mixed Levels Led levels 1 to 4
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SCHEDULES & RATES
WWW.MERIDIANPILATES.CA

#202 - 2475 BAYSWATER ST.
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9/11 Blueprint for Truth
The Architecture of Destruction

with Architect **Richard Gage** AIA

Richard Gage is the founding member of ***Architects & Engineers For 9/11 Truth (ae911Truth.org)***. He has been a practicing Architect for 20 years and has worked on most types of building construction including numerous fire-proofed steel-framed buildings.
Come witness his groundbreaking presentation where he supplies sufficient evidence to conclude that the World Trade Center buildings #1 (North Tower), #2 (South Tower), and #7 were destroyed not by jet impact and fires but by controlled demolition with explosives.

live in person, first time in BC

Saturday @7:00pm **April 19th**

Vancouver Public Library
Alice McKay Room
350 W. Georgia St. Vancouver BC
Located lower level in Library Square.

Tickets available at:
events@vancouver911truth.org

People's Co-op Bookstore
604-253-6442
1391 Commercial Dr. Vancouver

Banyen Books
604-737-8858
3608 W. 4th Ave. Vancouver

Admission: $8 advance / $10 @ door

Sunday @2:00pm **April 20th**

St. John the Divine Church
1611 Quadra St, Victoria, BC
Admission: $10 or by donation

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Common Ground

On Track Zodiac

APRIL 2008 Adrien Dilon

ARIES (Mar 21 – Apr 19)
There are a few planets in Aries now giving you added energy to quicken your experiences. Temptation to flirt with others brings out your intrepid and adventurous nature. Flourish in the fires of delight. Past challenges now give birth to your spirit.

TAURUS (Apr 20 – May 21)
As you strive for perfection, try to listen to other viewpoints and stay flexible. You may be called upon to supervise others. Not only will you accomplish more, you may finally feel the contentment that goes along with that.

GEMINI (May 22 – Jun 20)
You may desire to become more of a catalyst and an emissary to further other people's education. Perhaps you think that using a pencil would be better than a pen, as unexpected events come and go. Even so, your entrepreneurial genius has full reign.

CANCER (Jun 21 – Jul 22)
There is no magic remedy for getting that long awaited promotion. Try not to let your insecurities take over when asserting yourself and making your demands known. Yielding to present circumstances while communicating effectively is the key to shifting your advantage.

LEO (Jul 23 – Aug 22)
Opening your heart to receive more and accept offerings is well worth discovering. You need to find the middle ground in allowing others to do for you what you often do for others. Along with this, you may be more aggressive in seeking out new partnerships.

VIRGO (Aug 23 – Sep 22)
You have become more brazen about what you want. You are uncovering what is important and when to act on the stirrings of your intuition. Take caution when others speak of business plans; you are too sharp to be fooled. Having fewer choices could also mean you are making better choices.

LIBRA (Sep 23 – Oct 22)
You could feel as though you dropped a few pounds, yet it was entirely an emotional weight. The tides have changed and you feel a new freedom to be who you want to become. You didn't have to give up the throne to maintain your integrity and learn from past relationships.

SCORPIO (Oct 23 – Nov 21)
The need to clarify communications and achieve harmony will be prominent; remain focused as you apply some practical magic now. You could find that your sensitivities are overly stimulated and you want off the merry-go-round. Remember to balance your body; the rest will take care of itself.

SAGITTARIUS (Nov 22 - Dec 21)
Liberate your inner playmate. You can readily express your affections and further any plans for entertaining your friends and loved ones. If any conflicts need to be resolved, now is a favourable time. Your senses are alive and perhaps your taste buds are ready for new culinary delights and creativity.

CAPRICORN (Dec 22 - Jan 19)
Many aspects of your life are going through a renewal. You may need to set the record straight on your heart. If you aren't happy with yourself, you won't be able to reach out to others. The burden you carry need not have authority over you. You are learning to integrate personal growth and to channel it for success.

AQUARIUS (Jan 20 – Feb 19)
You could likely be hitting every target you see before your minds eye. Your business connections are returning favour and prosperity. Responsibility meets its maker and that is you. Create and illuminate with the hard work that you enjoy.

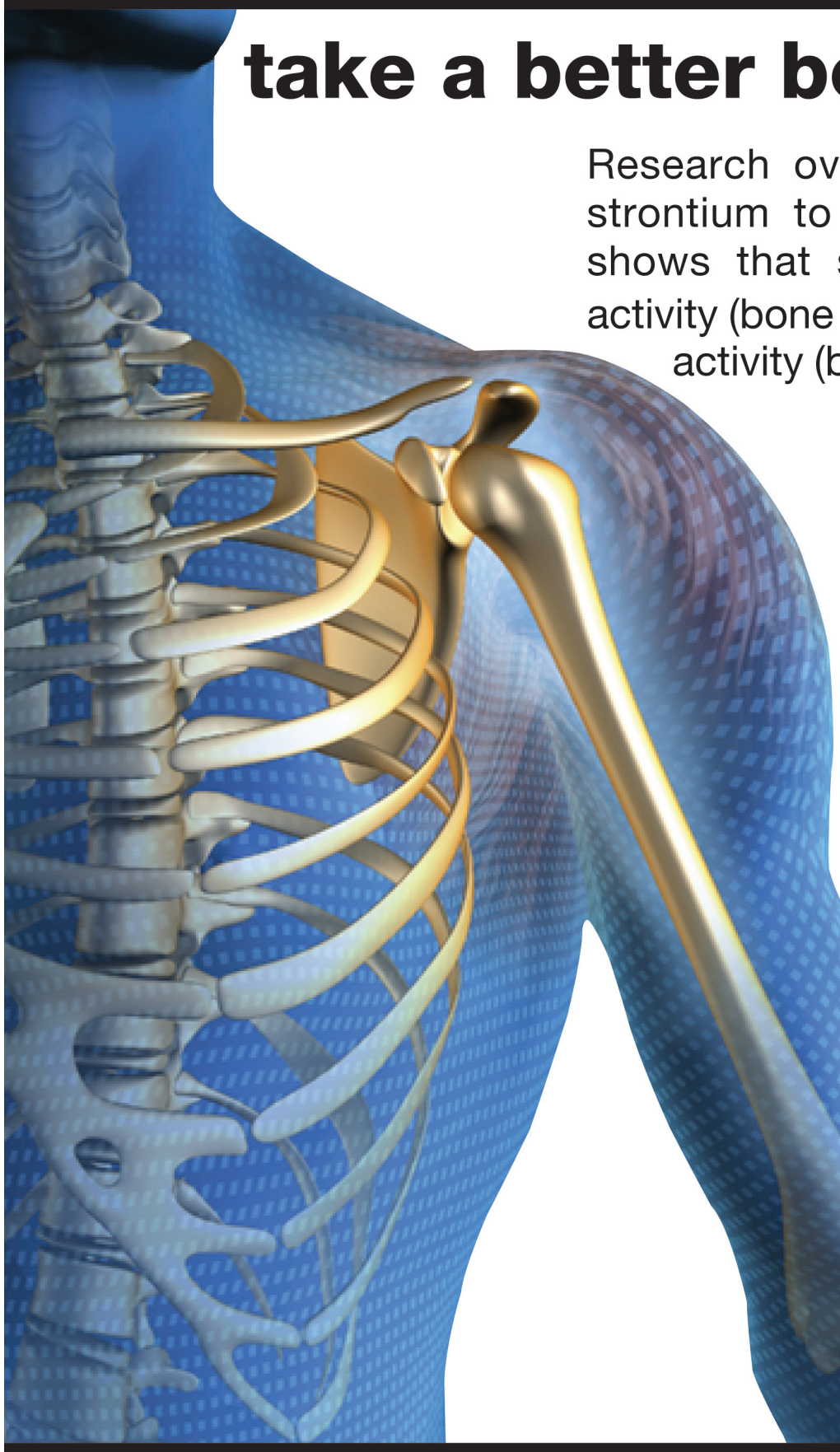
PISCES (Feb 20 – Mar 20)
Could be that you meet someone who completes you in a way that no one else has before. If this hasn't occurred, the desire is strong and you discover that you want more honesty in your life. You will learn great things from new associations.

Adrien Dilon is a clairvoyant consultant and author with 33 years of experience in astrology, multi-media art and healing, *adrien.dilon@gmail.com*, members.shaw.ca/adrien.dilon

albi NATURALS

because you can

take a better bone supplement



Research over the past 50 years has tied strontium to bone health. Recent research shows that strontium increases osteoblast activity (bone building) and reduces osteoclast activity (bone breakdown).

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You glow girl

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o3mega+™
glow
for firmer, more radiant skin
reduces fine lines, wrinkles and skin damage from UV exposure
pour une peau plus ferme, plus éclatante
réduit les ridules, les rides et les dommages causés par l'exposition aux UV

HEALTHY SKIN

Get healthy glowing skin at any age with o3mega+ glow. Based on leading skin care research, **o3mega+ glow** contains a unique combination of EPA derived from the purest fish oil providing an excellent source of fatty acids, along with powerful antioxidants such as lycopene and Vitamin C. For decreased fine lines and wrinkles with added UV protection, trust **o3mega+ glow** to give you healthier, radiant skin - naturally.

Introducing healthy skin with greens+: an innovative supplement based on leading research that not only improves the appearance and condition of your skin, it also feeds your body essential nutrients for a healthier, energized life.

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